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**ART OF COACHING PODCAST™ EPISODE 199  
CLICHE ADVICE YOU SHOULD RETHINK OR IGNORE**

The only way to improve decision making and hold strong opinions is to frequently question commonly held beliefs. In addition to the cliché advice and sayings mentioned in this episode, add at least one of your own for each of the categories listed below and explain where/why it might not hold true:

**Work + Leadership:**

**Relationships:**

**Financial:**

**Training + Health:**



What did you and did you NOT agree with in this episode?

What are some "sacred cows" you would you like us to debate or tackle in the future? If you come up with some, please email this to [info@artofcoaching.com](mailto:info@artofcoaching.com)!



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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